



November/December
2014

Highlights

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219 Washington Street
Wellesley, MA 02481

Office Hours: Monday through Friday 9:00 a.m.- 4:00 p.m.
(781) 235-3961
<http://www.wellesleyma.gov/coa>

Registration for programs listed in this newsletter will begin on Wednesday, October 29 (Wellesley residents) and Thursday, October 30 (non-residents). Registration remains open for all programs unless otherwise noted, as long as space is available.

Please make sure to register and pay for your class(es) at least one business day in advance of the scheduled session start date. Failure to do so may result in cancellation of the class, if the minimum number of students is not met, or cancellation of your space in the class, if we have a wait list.

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COA Happy Holidays Party! Friday, December 5, 12:00-2:00 p.m.



Photo: This year we are proud to present the Holiday Victorian Carolers for the COA Happy Holidays Party's entertainment.

It's that time of year again – time to celebrate and get into the holiday spirit!
Each year over 100 people join in this wonderful celebration sponsored by the Wellesley Council on Aging.
See page 2 for details!

Holiday Schedule: The Council on Aging will be closed on Tuesday, November 11, Thursday, November 27, Friday, November 28, Wednesday, December 24, Thursday, December 25. The COA bus will not run. The COA will be open 9 a.m.-1:00 p.m. on Wednesday, December 31. The COA bus will run.

Socials and Events: Pre-registration required.

A Veteran's Day Tribute!

Monday, November 10, 9:00 a.m.

Join us as we celebrate all of the brave veterans who have served our country. Come and enjoy a light breakfast, patriotic music and good company. After breakfast, COA volunteer Sheila Nugent will tell us about her experience on the Antiques Road Show. She will display and discuss wooden signs carved by German prisoners of war. These belonged to Sheila's father who was a US Doctor who was in charge of the camp medical division in Como, Mississippi.

Welcoming Day

Wednesday, November 12, 9:30 a.m.

Are you new to Wellesley? Are you new to the "senior scene"? The Wellesley COA has something for everyone! The COA is a vibrant and active organization where people come together to participate in a wide variety of social, recreational and educational programs and new participants are always welcome! The day will begin with a meet and greet with some of the COA staff and they will provide a brief overview of the COA. You will then have an opportunity to meet some COA participants, volunteers and instructors and you will have a "sneak peek" at some of the activities that are taking place on site. Spend the morning at the COA and you will see why many of our participants call the COA their "home away from home". Light refreshments will be served.

A Cooking Demonstration

Thursday, November 13, 5:00-7:00 p.m.

A piping hot bowl of stew is a comforting way to end your day. Learn to make healthy stews that use fiber packed vegetables, lean meats and flavorful spices that will warm you up and leave you feeling satisfied. The class is sponsored by Miele (a global provider of commercial and residential appliances) and it will be held at their location - 555 Washington Street, Wellesley. Limit 13. First come, first served.



Photo: Jane Vitagliano, Manager, explaining the importance of healthy eating to our COA group this past July.

48th Annual Thanksgiving Dinner

Saturday, November 22, 12:30p.m.

The forty-eight annual Senior Citizens Thanksgiving Dinner for **seniors who reside in Wellesley** will take place on Saturday, November 22 at 12:30 p.m. Wellesley Veterans started the dinner in 1966 and continued the event through 2013. As of 2014 this occasion is being sponsored by The Wellesley Fire Department. The Firefighters have a long history with the Senior Thanksgiving program including the meal preparation, serving the dinners and financially supporting the event. The dinner will continue to be held in the Gordon Trim Dining Hall at Babson College, Forest Street, Wellesley. As in the past, local volunteers groups, service organizations, business establishments and private citizens through their donations and personal assistance have made this event an outstanding success. For those who wish to donate, please send check payable to : "Wellesley Fire Departments/Senior Dinner" and mail to the Wellesley Fire Department, 457 Worcester Street, Wellesley Hills. Tickets for this dinner will be available at the COA starting Wednesday, October 29 and ending Thursday, November 13 at 4:00p.m. Please note that everyone is required to have a reservation for dining. The Wellesley Fire Department is looking forward to your donation and participation. If you need transportation, please call the Volunteer Drivers program at least 3 business days in advance 508-479-9301.

COA Happy Holidays Party (Continued from page 1)

Friday, December 5, 12:00-2:00p.m.

Guests will be treated to lunch catered by the Linden Store, beverages, desserts and fabulous entertainment. This year we are proud to present the Holiday Victorian Carolers— the finest vocalists and performers. The party is free, but like last year, you must register, reserve and pick up a ticket no later than Friday November 21. There will be no exceptions and you **MUST** present your ticket at the door. Please come and join in the festivities! Call to reserve your ticket 781-235-3961. **PLEASE NOTE:** Priority for the Happy Holidays party will be given to Wellesley residents. Non-residents will be put on a wait list and will be contacted the week of the party if there is space available.



Socials and Events: Pre-registration required.

Festival of Trees

Monday, December 1, 11:00 a.m.

The Wellesley Council on Aging invites you to a special holiday excursion to view the

Massachusetts Horticultural Society's Festival of Trees at Elm Bank. We will meet at Elm Bank to see these beautifully decorated holiday trees. All trees are raffled off, with proceeds going to help maintain the gardens at Elm Bank. To participate in the raffle you can purchase a sheet of 26 tickets for \$10. The drawing will be held on December 14 and you do not have to be present to win, but you need to confirm by phone. The indoor tour of trees is



approximately one hour long. The cost is \$5.00 per person to be paid at the door! Transportation is on your own and we suggest using the Council on Aging Bus or the Volunteer Drivers Program if you need a ride.

Cookie Decorating

Monday, December 8, 3:30-4:30 p.m.

Join the Wellesley Girl Scouts for a cookie decorating activity! The children are ages 8 & 9 and suggested this activity so that they can begin to build community with senior members within the town of Wellesley. This will be great fun for all and we are delighted to help the girls earn another patch for their vest! If you need transportation, please call the VDP at 508-479-9301 at least 3 business days in advance.



Chocolate Tasting

Thursday, December 11, 11:00 a.m.

Did you know chocolate contains more than 600 flavor compounds? Aside from its complex nature—it is delicious. Join us for a chocolate tasting and learn some fun facts about chocolate. A special thank you goes to the Falls at Cordingly Dam for sponsoring this unique program.

Join us for our Sing-A-Longs!

**Friday, December 12, 6:00-8:00 p.m.
and/or Friday, December 19, 1:00-2:00pm.**

Jingle bells, jingle bells,
jingle all the way....

Do you like to sing? Do you love the holidays? This year the Council on Aging is hosting 2 sing-a-longs. The first opportunity is on

Friday, December 12 in the community room at 503 Washington Street. This is 2nd annual sing-a-long in partnership with the Wellesley Housing Authority. Please consider joining us again this year as we sing the holiday songs that we love! Refreshments will be provided.



The second opportunity is on **Friday, December 19** at the COA. Lynn Bowers, talented pianist, guitarist and singer will lead all of your favorite holiday tunes. Come and join in the holiday spirit! Refreshments will be provided.



Excerpts of the Nutcracker

Monday, December 29, 2:00p.m.

The COA welcomes back the very talented members of Methuen Ballet Ensemble to perform excerpts of The Nutcracker. Ballerinas will guide you through the *Land of Sweets* in Tchaikovsky's second act of the holiday classic. **FREE! All are welcome.** Light refreshments will be provided.

Sensational Speakers: Pre-registration required.

Social Security

Friday, November 14, 10:00 a.m.

Sabrina Jannuzzi, a Public Affairs Specialist from the Social Security Administration, will discuss the benefits and services provided by Social Security; how to qualify for benefits; how and when to apply for Social Security; Social Security online services, planning tools, and Medicare. Time will be set aside for questions and answers. This program is sponsored by the Norfolk County Sheriff's Office. Coffee and donuts will be provided.

Hearing Screenings and/Cleanings **Thursday, November 20, 10:00-2:30p.m.**

Steve Bennett, hearing specialist from Miracle Ear will provide one on one services at the COA. There is no charge for these appointments. When registering, please indicate whether you are interested in a screening or cleaning. Max # 10

AAA Presents How To Go On Ice and Snow

Friday, November 21, 10:00 a.m.

Join us for a sixty minute program that discusses the upcoming winter driving season and staying safe on our New England roadways. This workshop also explores general advice on safety issues for senior drivers. This presentation is given by Eleanor Baker of AAA Southern New England who has worked for 20 years in AAA Public Affairs. She is a certified instructor for AAA's Driver Improvement Program and a Child Passenger Safety Technician. Ms. Baker has been involved with roadway safety throughout her AAA career – from AAA's Driving School and Dare to Prepare classes for teens as they begin their driver education process to Senior Mobility – helping to keep everyone driving as safe as possible for as long as possible.

Medigap plans and Medicare Advantage

Monday, November 24, 9:30 a.m.

A Blue Cross and Blue Shield of Massachusetts representative will be presenting a brief overview of how Medigap plans and Medicare Advantage plans work with Medicare. The presentation will help attendees understand the weights and balances between Medigap and Medicare Advantage plans. Members of (non group) Medex, Blue MedicareRx, Medicare HMO Blue, Medicare PPO Blue will also have the opportunity to ask questions regarding any 2015 changes. All are welcome regardless of your insurance coverage.

Registry of Deeds

Tuesday, December 2, 10:00 a.m.

William P.O'Donnell from the Norfolk County Register of Deeds will be hosting a program at the COA. During this program, his team will access and research the land records at the Registry of Deeds via the internet. They can also provide attendees with a copy of their deed as well as check to see if their mortgage has been discharged. Information and forms regarding the Massachusetts Homestead Act will be provided.



Wagner's Die Meistersinger

Thursday, December 4, 7:00 p.m.

Helen Sagan, "The Opera Lady", will host an opera pre-talk on Wagner's Die Meistersinger at the *Wellesley Free Library-Wakelin Room*. The Die Meistersinger is both an epic comedy and a love story. Walter is an aspiring poet/musician who falls in love with Eva, the daughter of a Mastersinger. In order to win her hand, Walter must win the song competition of the Mastersingers Guild of Nuremberg. Wagner's music is both rich and expansive, culminating with the beloved "Prize Song". This program is co-sponsored by the Friends of the Wellesley Council on Aging and The Wellesley Free Library. If you need transportation, please call the VDP at (508) 479-9301 at least 3 business days in advance.

Plan For Your Future. Make It Happen

Friday, December 12, 10:00 a.m.

Join Jeffrey Carr, First Vice President and Branch Manager of Morgan Stanley Wealth Management, and Zenaida Buenaventura, Financial Advisor at Morgan Stanley Wealth Management, as they provide advice on retirement planning. They will help you answer the following questions: Am I on track to achieve my goals in retirement? Will I have enough money? and What adjustments do I need to consider?



Friendly Reminder: As a courtesy to all of our participants, when using perfumes or body lotions, we ask you to be mindful of those with allergies and sensitivities to fragrances. We appreciate your cooperation.

2014-2015 Evening and Weekend Lecture Series

The Boston Sports Scene: Then and Now

Sunday, November 16, 2:00p.m.

Dan Shaughnessy grew up in Groton, Massachusetts, went to Holy Cross and wrote his first story for the Boston Globe in 1973. He has been a full-time member of the Globe sports staff since 1981 and a sports columnist for the Globe since 1989. He was on the scene for all eight of Boston's professional championship seasons since 2001. He has written 12 books, including "The Curse of the Bambino," "Senior Year," and "Francona-The Red Sox Years." He has lived in Newton since 1982 and attended many Bay State League high school contests involving Wellesley High School. Come hear him discuss the Boston sports scene of today and yesteryear. This program is co-sponsored by the Wellesley Council on Aging and The Wellesley Free Libraries. Photo credit goes to Stan Grossfeld.



A New Addition To This Series: Thursday, February 12, 7:00p.m. join José Mateos, Founder and Artistic Director of José Mateo Ballet Theatre, whose topic is TBA. To view a complete listing of the series, visit the COA website <http://www.wellesleyma.gov/coa>.

If you need transportation, please call the VDP at (508) 479-9301 at least 3 business days in advance.

Day Trips: Pre-registration required.

Reagle Players A Christmas Time Sunday, December 7, 3:00-7:00 p.m.

The group will depart the Community Center at 3:00 p.m. and we will enjoy the one Boston Christmas spectacle guaranteed to warm any heart—the Reagle Players Production of A Christmas Time! All ages are enchanted by Santa's Workshop, Teddy Bears' Nutcracker, Parade of the Wooden Soldiers, Victorian Christmas, precision dancers and The Living Nativity. Their cast of 200 comes gift wrapped in fabulous holiday sets and costumes—all backed by a full live orchestra. Thanks to the Friends of the Wellesley Council on Aging for generously sponsoring group transportation. Max. 30. Priority will be given to those who expressed interest when advertised in our previous newsletter. **Cost: \$36 Payment due upon reservation.**

The Spellman Museum Friday, November 7, 10:30 a.m.

"Stamps are miniature documents of human history. They are the means by which a country gives sensible expression to its hopes and needs; its beliefs and ideals. They mirror the past and presage the future". —Francis Cardinal Spellman. Join us as we explore the Spellman Museum and learn why stamps have such value to our history. We will depart the COA at 10:30 a.m. and afterwards we will enjoy lunch at The Regis College café. Round trip transportation using the COA bus. Space is limited to 12 people (first come, first served). **Cost: \$6.00** for entrance into the Museum and **\$8.50** for the luncheon buffet— please bring cash.



FREE TICKETS

The Wellesley Players generously donated 10 free tickets to their performance of *My Name is Alice* on Sunday, November 9. The performance will be held at the Black Box Theatre at the Arsenal Center for the Arts in Watertown. If interested, please contact the COA, 781-235-3961.

Scholarship Funds are Available

The C. Eleanor Genovese Fund is intended to subsidize or pay for COA classes, activities or trips for Wellesley residents. Call the COA for more information. Anyone wishing to contribute to this fund should speak with Gayle Thieme, Director of Senior Services, 781-235-3961.

FREE FRIDAY MOVIES: All movies begin at 12:45 p.m, unless otherwise noted.

Several of these selections were chosen by our regular movie goers. Please note: If the Friday movie runs longer than two hours, and you need a ride home, contact our Volunteer Drivers Program (508) 479-9301. Please call at least three days in advance to see if a volunteer is available.

November 7: Winter's Tale (2014) Mark Helprin's novel provides the basis for this film starring Colin Farrell as a thief who breaks into an ill girl's home and then falls for her. As the action shifts between past and present, the burglar also acquires a flying-horse guardian angel. Rated PG-13, 118 minutes

November 14: Draft Day (2014) On the day of the NFL player draft, Cleveland general manager Sonny Weaver trades up to get the first pick in this breezy sports drama. And while his decision may save football in his city, it just might cost him his girlfriend ... and his team. Rated PG-13, 110 minutes.

November 21: The Lunchbox (2013) When Mumbai's eerily reliable lunchbox delivery service erroneously sends a meal prepared by a young housewife to a lonely widower on the brink of retirement, the mistake ignites an exchange of notes and mutual fantasy between them. Rated PG, 105 minutes

November 28 : COA CLOSED/NO MOVIE

December 5: COA Happy Holidays Party/NO MOVIE

December 12: Transcendence (2014) A husband and wife team of computer scientists work to advance artificial intelligence as a radical anti-technology organization fights to prevent them from creating a world where computers can transcend the abilities of the human brain. Rated PG-13, 119 minutes

December 19: COA Sing A Long/NO MOVIE

December 26: The Railway Man (2014) Decades after his brutal captivity under the Japanese during World War II, Eric Lomax still has nightmares about the ordeal. But when he unexpectedly meets and falls for Patti, a bizarre coincidence brings his past back into focus. Rated R, 118 minutes. Frightening/Intense Scenes

Housing Options Tours: Pre-registration required.**The Falls at Cordingly Dam**

Monday, November 17

Itinerary:

11:30 a.m. Pick -up at COA

12:00 noon Tour

12:30 p.m. Lunch

1:00 p.m. Entertainment

2:00 p.m. Departure/return to COA

Description of the Facility:

The Falls is an extraordinary natural haven where fond memories and family traditions thrive. Located in Newton, The Falls At Cordingly Dam offers Independent Living, Assisted Living and Dementia Care Services.

Max 12

Traditions of Wayland

Monday, December 15

Itinerary:

11:30 a.m. Pick-up at COA

12:00-1:00 p.m. Lunch

1:00-1:45 p.m. Tour

2:00 p.m. Entertainment-Harpist

3:00 p.m. Departure

Description of the Facility:

Traditions of Wayland offers Independent Living, Assisted Living and a Memory Care community in a setting that is as convenient as it is breathtaking.

Traditions resides on the magnificent grounds of the former Paine Estate in Wayland. **Max 12**

Food Lovers Delight: Pre-registration required.

Breakfast Club: Join us for a delicious breakfast and a delightful time with friends. The Breakfast Club will enjoy breakfast on:

Tuesday, November 18 at 8:00 a.m.

Captain Marden's, 279 Linden Street, Wellesley

Tuesday, December 16 at 8:00 a.m.

The Maugus, 300 Washington Street, Wellesley

Choose your own breakfast and pay for it at that time. **Maximum: 12**

Delicious Dining Group

Everyone is welcome to meet our group for lunch:

Monday, November 24 at 12noon

The Dolphin Restaurant, 12 Washington St., Natick

Monday, December 8 at 12noon

The Wayside Inn, 72 Wayside Inn Road, Sudbury

Choose your own lunch and pay for it at that time. **Maximum: 12**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
9am 9:30 10:00-12:30 9:30-10:30 11:00-12:00 10:00-11:30 12:00-1:00 12:30-3:00 7:00-8:30	Walking (Lib) Wii Bowling Art for Fun Better Bones Better Balance Memory program Spanish Bridge Town Band	3	Vote Today! 9:30-11:00 11:15-12:45 1:00-2:30 1:30-2:30 Keep Well—315 Weston Road	4	9am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 10:00-11:00 11:00-12:00 1:00-2:30 1:00-4:00 3:00-5:00	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi COA (Keep Well) Chess Better Balance French SHINE A Tour Through Time	5	9:30-10:30 10:00-10:30 2:00-3:00 2:00-3:30	Better Balance MahJong Ukulele class Puzzles and games	6	9:30-11:30 10:30 12:45	SHINE Depart for Trip to Spellman Museum Movie: Winter's Tale Reminder!! The Strings Jam at Dana Hall is tomorrow.	7	
9:00 a.m. 9am 9:30 9:30-10:30 10:00-11:30 12:00-1:00 11:00-12:00 12:30-3 7:00-8:30	A Veteran's Day Tribute Walking (Lib) NO Wii Bowling Better Bones Memory Program Spanish Better Balance Bridge Town Band	10	Veteran's Day COA Closed The COA Bus Will Not Run	11	9 am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1:00-4:00 1:30-2:30	Walking Group COA Welcoming Day at the COA Coffee Scrabble/Cards Community Bears Tai Chi Chess Better Balance French SHINE Keep Well –Morton Circle	12	9:30 9:30-10:30 1:00-3:00 2:00-3:30 5:00-7:00 4:00 & 8:00 showings of Prima at Mass Bay Community College	Book Discussion Group Better Bones MahJong Understanding the Ipad Knitting Ukulele class A Cooking Demonstration (Miele)	13	9:30-10:30 10:00 12:45	SHINE Social Security Movie: Draft Day Reminder!! 2014-2015 Evening and Weekend Lecture Series presents "The Boston Sports Scene" on Sunday, November 16, 2:00 p.m. at the Wakelin Room – Wellesley Main Library.	14	
9am 9:30 10:00-12:30 9:30-10:30 11:00-12:00 11:30 12:30-3:00 7:00-8:30	Walking (Lib) Wii Bowling Art for Fun Better Bones Better Balance Depart for The Falls at Cordingly Dam Bridge Town Band	17	8:00 9:30-11:00 10:00-11:15 11:15-12:45 1:2-30 3:00-4:00 1:30-2:30	BF Club– Captain Marden's Yoga German Yoga Cribbage American Scripture Keep Well—41 River Street	18	9 am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 10:30-11:30 11:00-12:00 1:00-2:30 1:00-4:00 1:00	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Chess Better Balance French SHINE Jeopardy	19	9:30-10:30 10:00-2:30 1:30 -3 1:4 1:00 2:00-3:30 2:00-3:00	Better Bones Hearing Screenings and/ Cleanings Bingo MahJong Marty's Movie Puzzles and Games Ukulele class	20	9:30-11:30 10:00 12:45	SHINE AAA Presents How to Go on Ice and Snow Movie: The Lunchbox Reminder!! Thanksgiving Dinner is tomorrow at Babson College.	21
9am 9:30 10:00-12:30 9:30-10:30 11:00-12:30 11:00-12:00 12:00-12:00 12:00 12:30-3 7:00-8:30	Walking (Lib) Medicap plans and Medicare Advantage Wii Bowling Better Bones Art for Fun Better Balance Delicious Dining –The Dolphin Restaurant Bridge Town Band	24	9:30-11:00 11:15-12:45 10:00-11:15 1:00-2:30 3:00-4:00 1:30-2:30	Yoga Yoga German Cribbage American Scripture Keep Well– 60 Grove Street	25	9 am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 10:30-11:30 11:00-12:00 1:00-4:00 1:00-2:30	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Chess Better Balance SHINE French	26	9:30-10:30 10:00-2:30 1:30 -3 1:4 1:00 2:00-3:30 2:00-3:00	Better Bones Hearing Screenings and/ Cleanings Bingo MahJong Marty's Movie Puzzles and Games Ukulele class	27	9:30-11:30 10:00 12:45	SHINE AAA Presents How to Go on Ice and Snow Movie: The Lunchbox Reminder!! Thanksgiving Dinner is tomorrow at Babson College.	28

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
9 am 9:30 9:30-10:30 10:00-12:30 11:00 11:00-12:00 12:30-3:00	Walking (Lib) NO Wii Bowling Better Bones Art for Fun Festival of Trees (Elm Bank) Better Balance Bridge	9:30-11:00 10:00 10:00-11:15 11:15-12:45 1:00-2:30 3:00-4:00 1:30-2:30	Yoga Registry of Deeds German Yoga Cribbage American Scripture Keep Well— 315 Weston Road	2 9 am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 10:00-11:00 11:00-12:00 11:00-12:00 1:00-2:30 1:00-4:00	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi COA (Keep Well) Chess Better Balance French SHINE	3 9:30 9:30-10:30 1:00-4:00 2:00-3:30 7:00 Meistersinger (Wakelin Room –Library)	Book Discussion Group Better Bones Mahjong Knitting Wagner's Die Remindersinger (Wakelin Room –Library)	4 9:30-11:30 12:00-2:00	SHINE COA Happy Holidays Party Reminder!!! Trip to see the Reagle Player's performance of A Christmas Time on Sunday, December 7.
9am 9:30 9:30-10:30 10:00-12:30 11:00-12:00 12:00 12:30-3 3:30-4:30 7:00-8:30	Walking (Lib) Wii Bowling Better Bones Art for Fun Better Balance Delicious Dining— The Wayside Inn Bridge Cookie Decorating Town Band	9:30-11:00 10:00-11:15 11:15-12:45 1-2:30 1:30-2:30	Yoga German Yoga Cribbage Keep Well – Morton Circle	9 9:30-11:00 10:00-11:15 11:15-12:45 1-2:30 1:30-2:30	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Chess Better Balance SHINE French	10 9 am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 10:30-11:30 11:00-12:00 1:00-4:00 1:00-2:30	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Chess Better Balance SHINE French	11 9:30-10:30 11:00 1:00-4:00 1:00-3:00 2:00-3:30	Better Bones Chocolate Tasting Mahjong COA Day at the Lib Puzzles and Games Plan for your future. Make it Happen Movie: Transcendence Holiday Sing-A-Long (Community Room—503 Washington Street) Reminder!!! The Strings Jam at Dana Hall is tomorrow
9am 9:30 9:30-10:30 10:00-12:30 11:00-12:00 11:30 12:30-3:00 7:00-8:30	Walking (Lib) Wii Bowling Better Bones Art for Fun Better Balance Depart for Traditions of Wayland Bridge Town Band	8:00 9:30-11:00 10:00-11:15 11:15-12:45 1-2:30 1:30-2:30	BF Club—The Maugus Yoga German Yoga Cribbage Keep Well— 41 River Street	16 8:00 9:30-11:00 10:00-11:15 11:15-12:45 1-2:30 1:30-2:30	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Chess Better Balance SHINE French	17 9 am 9:30-10:30 9:30-11:30 9:30-11:00 9:45-10:45 10:30-11:30 11:00-12:00 1:4:00 1:00-2:30	Walking Group COA Coffee Scrabble/Cards Community Bears Tai Chi Chess Better Balance SHINE French	18 9:30 9:30-10:30 1-4 1:30-3:00 2:00-3:30	Book Discussion Group Better Bones Mahjong Marty's Movies Bingo Knitting Holiday Sing-A-Long
9am 9:30 9:30-10:30 10:00-12:30 11:00-12:00 12:30-3:00	Walking (Lib) Wii Bowling Better Bones Art for Fun Better Balance Bridge	10:00-11:15 1-2:30 1:30-2:30	German Cribbage Keep Well—60 Grove Street	23 10:00-11:15 1-2:30 1:30-2:30	The COA is closed. The Bus Will Not Run.	24 The COA is closed. The Bus Will Not Run.	Christmas Day The COA is closed. The Bus Will Not run.	25	12:45 Movie: The Railway Man
9am 9:30 12:30-3:00 2:00	Walking (Lib) Wii Bowling Bridge Methuen Ballet Ensemble presents "Excerpts of The Nutcracker"	10:00-11:15 1:00-2:30	German Cribbage	30 10:00-11:15 1:00-2:30	Walking Group COA Coffee Scrabble/Cards Community Bears Chess The COA closes at 1:00p.m. The COA bus will run.	31	DECEMBER 2014		



KEEP YOUR BUSINESS ON TARGET! ADVERTISE HERE

Do you know someone in need of Memory Care?

Alzheimer's disease is devastating to the entire family. Traditions of Wayland is a locally owned assisted living community with an exclusively designed neighborhood for those with memory loss.

Please contact us at 508-358-0700 or traditionsofwayland.com



Traditions
OF WAYLAND

Classes : Pre-registration required

American Scripture

Tuesdays, November 18, 25, and December 2, 3:00-4:00 p.m.

Join us as we discuss the drafting, purpose and political ideology of America's charters of freedom: the Declaration of Independence, Constitution and Bill of Rights. "An expression of the American mind" is how Jefferson characterized the Declaration. Following the Revolution, the Constitution wielded thirteen squabbling states into the United States of America, while the Bill of Rights captured the Enlightenment celebration of individual rights and the sovereignty of "We The People." These classes are taught by Gary Hylander, history professor at Stonehill College. Thanks to the Residences at Wingate for sponsoring these classes.

Strings Jam!

Saturdays, November 8 and December 13, 2:00-4:00p.m.

We are excited to continue growing our monthly String Jam at Dana Hall! Rachael Stachowiak, Assistant Director of Dana Hall comments: "We encourage folks to come, even if they'd just like to observe! It's a fantastic opportunity to develop as a player, but also have some serious fun. Participants take great pride in their improvement, even in only one meeting!" This event is FREE and open to anyone (all ages welcome!) who plays a stringed orchestral instrument (Violin, Viola, Cello or Bass) at an advanced beginner level. Please RSVP to music@danahall.org or call 781-237-6542! Joanne Kmiec, COA participant offered this comment on the monthly strings jam: The program lifted me from working alone to the company of music lovers who produced good music under the direction of qualified personnel. I now practice with a new life. Joanne is returning to playing the violin after sixty-five years.



Photo: Joanne and Lois enjoying the monthly Strings Jam offered at Dana Hall.

Computer Class

Co-sponsored by the Friends of the Wellesley Council on Aging and Friends of the Wellesley Free Library. Call the Wellesley Main Library (781-235-1610 x1105) to register. Limited space. Priority to Wellesley seniors.

Instructor: Anna Litten

Thursday, November 13, 1:00-3:00 p.m.

Understanding the iPad: What exactly is an iPad? How is different from a computer? What are some good uses for this tool? Is this the right tool for you? In this session, we'll answer all of these questions, and give you time to play with the library's iPads as well. Feel free to bring your own iPad, or sign up at registration to borrow one of the library iPads.

COA Day at the Library

Thursday, December 11, 1:00-3:00 p.m

In addition to the library's wonderful collection of books we also have many other great items and programs. Come learn all about the library, including our resources, community events and more!

Marty's Movies

Thursdays, November 20 and December 18, 1:00p.m.

Marty Kress, COA volunteer, will continue to show movies that are out of the mainstream theater showings. They will have themes, and national locations that appeal to viewers who are looking for something different than predictable tv. After showing the film of his choice, he will facilitate a discussion. This discussion will dig into the core of the film's meaning and will allow you to express yourself and feelings. The goal of the group is to develop a tight knit community of people who share similar interests. For more information, visit Marty's blog: martysmovieblog.com.

Art for Fun: Mondays, Nov 17– Dec.22, 10 a.m.-12:30 p.m.

Students enjoy individual hands-on instruction with an emphasis on developing washes, values, textures, variety of color, edges and shapes, as well as creating the illusion of light under instruction by Cecilia Sharma. These classes meet at the **Warren Recreation Center, 90 Washington Street**. Only if needed the make-up date will be Monday, December 29, same time as class. The cost for the class is \$95.00. A supply list is available at the Council on Aging and new participants are welcome! Min 10 Max 14

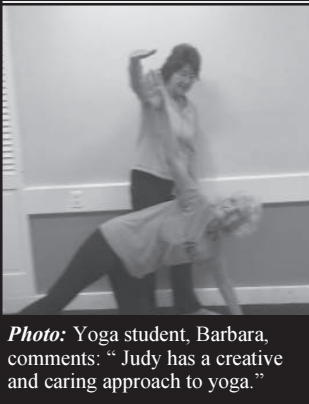
Classes Continued. Pre-registration required.

Photo: Yoga student, Barbara, comments: "Judy has a creative and caring approach to yoga."

YOGA

Instructor: Judy Scribner-Moore

A typical class balances active yoga poses that stretch, strengthen and tone with relaxing poses, so participants leave feeling renewed. Students are encouraged to bring a firm

blanket and yoga mat. However, extra mats are available, and all other equipment will be provided. Judy combines 27 years of teaching experience, interpersonal and mindfulness skills, and knowledge of anatomy and physiology, to guide and facilitate each student's way. She is skilled at adapting classical postures to meet individual needs and goals.

Dates: 6-week session Tuesdays, Nov 4-Dec 16 (no class 11/11)

Intermediate Level 2 (prior experience in Level 2 is a prerequisite: 9:30-11:00 a.m.

Intermediate Level 1: 11:15-12:45 p.m.

Cost: \$75

Min. 12/Max. 18

Make up date for both classes will be Friday, December 12, 9:30-11:00 a.m.

**BETTER BALANCE,
INDEPENDENT &
UPRIGHT LIVING**

Instructor: Leslie Worris, MPH, RYT

Are you afraid of falling? The class will help improve posture, strength, flexibility, gait, mobility, stability, breath, and endurance, and help maintain your independence. Participants use balls, bands, and weights, and the class incorporates yoga and chi gong. Please bring two sets of weights and water. Classes meet on Mondays and/or Wednesdays from 11:00 a.m.-12:00 p.m. Beginners are welcome.

Dates: 8 week session Mondays, Nov 3- Dec 22

Times: 11:00 a.m.-12:00 p.m.

Cost: \$56

Make -up class, if needed, will be Tuesday, December 23, 3:00 p.m. -4:00 p.m.

Dates: 7 week session Wednesdays, Nov 5-Dec 17

Time: 11:00 a.m.—12:00 p.m.

Cost: \$49

Make- up class, if needed, will be Friday, January 8 , 10:45a.m.-11:45 a.m.

Min.8/ Max. 20

Photo: Happy birthday to Ruth who turned 101 on Oct. 1. She celebrated her day with her favorite exercise class.

**TAI CHI FOR HEALTH**

Instructor: Leslie Worris, MPH, RYT

Tai Chi is a form of martial art. It is practiced throughout the world as an effective exercise for health. It consists of fluid, gentle movements that are relaxed and slow in tempo. It can be practiced almost anywhere and is a suitable form of exercise for just about anyone. This class is especially ideal to free up the stiff joints and muscles, and, decrease stress and is good for overall health and balance. Chairs will be available.

Dates: 7 week session Wednesdays, Nov 5-Dec 17

Time: 9:45 a.m. -10:45 a.m.

Cost: \$49

Make -up class, if needed, will be Friday, January 16, 2:00p.m.-3:00p.m.

Min.10 /Max. 22

BETTER BONES

Instructor: Leslie Worris, MPH, RYT

You will use free weights, resistance bands, balls, and gentle yoga, including body weight resistance, to improve functional muscular strength and endurance. Balance, flexibility and posture work are also included. The loss of muscles that occurs with age is reversible! Increase your bone density and prevent falls. This class is especially designed for students who want to regain strength, freedom of movement and increase metabolism. We will work in a chair, stand, and use a mat on the floor. This is an advanced-beginner to intermediate level class. Please bring two sets of free weights, a towel and water.

Dates: 8 week session Mondays, Nov 3-Dec 22

Time: 9:30 a.m.— 10:30 a.m.

Cost: \$56

Make- up class, if needed, will be Thursday, January 8, 3:00-4:00 p.m.

Dates: 6 week session Thursday, Nov 6-Dec 18

Time: 9:30 a.m.—10:30 a.m.(No class on 11/27)

Cost: \$42

Make- up class, if needed, will be Friday, January 16, 1:00-2:00p.m. p.m.

Min.

15/Max.

25



Photo: Students stretching during Leslie's Better Bones class— keep up the good work!

Drop In Activities

Walking Groups: The Monday group meets at the rear of the Main Library at 9 a.m. with their volunteer leader, Anne Turtle. The Wednesday group meets at the Community Center at 9 a.m., led by volunteer Jim Reilly.

Wii Bowling: Our awesome volunteers from the Wellesley Hills Junior Women's Club continue to lead our weekly Wii program on Monday mornings at 9:30 a.m. No wii bowling on November 10 or December 1.

Bridge: Monday afternoons from 12:30-3:00 p.m.

Cribbage: Tuesday afternoons from 1-2:30 p.m. COA volunteer Fran Weinberg will provide instruction for those new to the game.

Coffee Hour: Wednesday mornings from 9:30-10:30 a.m.

Scrabble: Wednesday mornings from 9:30-11:30 a.m.

Community Service Bears: This group of dedicated women have been making teddy bears for children for many years. These lovingly made bears are distributed to children needing a bear to hug. This group meets every Wednesday morning from 9:30-11:00 a.m.

Chess: Wednesday mornings from 10:30 -11:30 a.m. **Please note:** November 5 and December 3, chess will start at 11:00 am. Please call ahead to ensure chess is still scheduled to meet.

Jeopardy: Come on down and experience and the COA's adaption of "America's favorite game show"! The next game is scheduled for **Wednesday, November 19, 1:00p.m.** Grab your friends and family and join in the fun. Have you seen our NEW "question of the week" on display at the front entrance of the WCC? If you answer correctly, your name will be highlighted on our COA programming board the following week!

Photo: Mary Kinnevy, COA participant, takes a guess at the question of the week.

Activity Spotlighted: Puzzle and Games

Exercise your mental muscles every other Thursday from 2:00-3:30 p.m. (see calendar for details) at new activity.

Tess Griffin (left in photo below), comments on the newest activity of puzzles and games: I've enjoyed making puzzles for many years and doing it now with friends in a welcoming setting is better than ever!



Photo: COA's Puzzle People!

Computer Assistance: Please contact the COA if you need/want computer assistance or have other technology needs. There are often volunteers and students able to help, but availability varies. Please call for information: 781-235-3961.

Conversational French: Did you take French in high school or college? This conversation-only class meets Wednesday afternoons from 1:00-2:30 p.m. led by volunteers David and Wendy Meyersmith. Call the COA if you are interested in joining the group.

Knitting at the COA: The group will continue to meet every other Thursday afternoon from 2:00-3:30 p.m. (see calendar for dates). Special thanks to COA volunteer, Barbara Peacock-Coady for suggesting this new group and for agreeing to help organize!

Bingo: Thursday afternoons, November 20 and December 18, 1:30-3 p.m.

Mah Jong: Thursdays afternoons, 1:00-4:00 p.m.

Book Discussion Group: Meetings will continue to meet every other Thursday morning; November 13 (*Train Dreams* by Denis Johnson), December 4 (*Race Underground* by Doug Most), and December 18 (*Rum Punch* by Elmore Leonard). *The book group is co-sponsored by the Wellesley Free Library (WFL) and the COA. The facilitator is Joellen Toussaint, Circulation Assistant (WFL).*

Updates

COA Staff Announcements

In October, the COA gave a fond farewell to our Program & Office Assistant, Kait Haas. Kait was on staff more than five years and she served the department extremely well with her many talents. Kait provided assistance, in some form or fashion, to nearly every individual affiliated with the Wellesley COA. We will all miss her VERY much and extend our best wishes to Kait. **Photo:** The photo displayed to the right was taken at Kait's fond farewell party at the COA on October 2.



Also in October, Beth Harrington joined the staff as our Activities Assistant. Beth will be providing support to our programming department. Many of you know Beth as she has been serving as a volunteer with the COA for several years. We look forward to Beth spending more time with us in this part-time role. This position is funded by a grant from the Executive Office of Elder Affairs. **Photo:** Beth enjoys her first week on the job getting to know some of our friendly COA participants.

Transportation News

The Wellesley COA's Bus and Volunteer Drivers Programs are working collaboratively to provide as many rides as possible for Wellesley seniors. Both services will take seniors anywhere they want and need to go (for medical or other purposes) within Wellesley and to hospitals in Newton, Needham, and Natick. The Volunteer drivers program also provides rides to destinations in surrounding towns. The COA Bus provides regular trips to the Food Pantry, Roche Bros and/or Whole Foods, and other designated shopping in Natick/Framingham. The COA bus has regular hours 9 a.m. -3 p.m. weekdays, excluding holidays. When you call to request a ride on the bus, the Coordinator can tell you immediately if the bus can accommodate your needs. In July & August, the bus provided 639 one-way rides. The Volunteer Drivers Program is based on volunteer availability and while rides cannot be guaranteed, more than 100 one-way rides are provided each month. If you are not sure what option is best for you or want to know about additional options, call Jill Dube, Transportation Coordinator, at 781-235-3046. Jill can also schedule you a ride with the bus. To arrange a volunteer driver, call 508-479-9301.



Photo: COA bus driver Miguel drives Rose to her weekly shopping destination.

*** Important Reminder ***

The Medicare Open Enrollment ends on December 7th! Don't Wait Until It's Too Late! Make a SHINE Appointment Now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. Assistance is available from the SHINE program. Our lovely SHINE volunteers are available Wednesday afternoons and Friday mornings during open enrollment. Please call the COA to schedule and appointment.

Lunch at the COA

The COA is developing an exciting NEW lunch program where seniors will be invited to come to the COA for a delicious catered lunch and enjoy socializing with friends. As this newsletter goes to print, the details have not been finalized, but our plan is to partner with Wellesley restaurants that will cater our program on Tuesdays and Fridays each week. A pre-planned menu will be available at the COA the last week in October. The goal is to keep the cost low to our diners and while there will be a mandatory nominal fee (TBD), the program will be heavily subsidized by The Friends of the Wellesley Council on Aging. Please look for more information in the *Wellesley Townsman* in the coming weeks and/or sign up to receive updates via email by subscribing to COA news. Visit our website: www.wellesleyma.gov/coa and sign up for **PROGRAM UPDATES AND ALERTS**. The COA extends deep appreciation to Springwell (specifically the Nutrition department) who worked for many, many years with the COA to offer lunches at our congregate dining site and for supporting our decision to transition to a new lunch model. We also thank the many COA volunteers who have served meals at our dining site over the years.

Updates

Tolles-Parsons Center Updates:

The plans for the Tolles-Parsons Center (“TPC”) are continuing and we are hopeful that the project will be presented at the Annual Town Meeting in April 2015.

A new architect, Catlin + Petrovick Architects has been engaged together with a new civil engineer. Catlin designed the very successful senior center in Belmont and most recently a center in Holyoke.

An updated plan and design is being developed to incorporate the addition of 494 Washington Street. The planned design is for a two-story, 13,000 square foot center (no basement) with approximately 60 parking spaces on site. This design includes the same basic layout of the previous plan, however, the footprint of the building has expanded with the inclusion of the abutting parcel. As a result, the basement has been removed so that all spaces will be on the first and second floors. This design has not been finalized and we will be circulating the plans for review and comment in the next couple of months.

We plan to file a new Application for a Project of Significant Impact (“PSI Application”) with the Planning Board on October 14 with a hearing date of December 1. A hearing date with the Board of Selectmen for the traffic and parking has not yet been set. The PSI Application will address the issues that the Planning Board raised last year when the PSI Application for a special permit was not granted. These include a new Traffic and Parking Study, all parking on site, a revised plan for storm water drainage and some additional “green” features. The design will be completed after the Planning Board’s decision on the PSI Application.

A new website is being developed for the TPC which will include the new PSI Application, design and updates on the project. The site will also include a timeline for the project as well as dates and times for meetings and hearings. Once established, anyone will be able to subscribe to receive the updates via email.

Volunteerism: The COA currently has twenty volunteers of all ages that support our scheduled events and activities. Their duties include light set up, decorating and assisting during an activity/ event and light clean up after. Some examples include our annual Spooktacular and seasonal Birthday parties as well as recreational activities such as croquet and jeopardy. Most of these volunteers also support our larger events held off-site such as our annual spring social. Duties can also include distributing flyers to local businesses to promote the scheduled events. Many hands make light work; if you would like to join this extremely helpful group of volunteers please contact Lorraine Clough, Volunteer Coordinator at (781)235-3961 or email: lclough@wellesleyma.gov.

Upcoming election: The State Election is Tuesday, November 4. For those who need transportation to/from the polls, rides will be available through the COA bus service 781-235-3046 and the COA Volunteer Drivers Program 508-479-9301. Please call 2 days in advance to make your ride reservations. Absentee ballots are available to anyone who has difficulty getting to the polls. Absentee application must be filed early enough to allow for mailing to the voter, ballots may be returned by mail or in person. All absentee ballots that are received before the close of the polls, are delivered to the polling location and counted the same as any ballot cast in person. Please call the Town Clerk’s office for additional information 781-431-1019 x2250

Fuel Assistance Funds are Available - You May Be Eligible!

The Low Income Home Energy Assistance Program (LIHEAP) provides financial assistance towards the cost of your heating bills – benefit levels vary and funds are paid directly to your provider. For a single person household, the gross income limit is \$32,618. For households with two people, the gross income limit is \$42,654. The Good Neighbor Energy Fund (GNEF) assists households who are slightly over income for LIHEAP. More information about GNEF including income guidelines and the program opening date will be available in early 2015. For additional information please contact Linda Clifford, Health and Social Services Administrator, at 781-235-3961 or lclifford@wellesleyma.gov.

25th Annual Wellesley Spelling Bee Thursday, November 6, 7:00 p.m.

The COA “Spellbinders” will be competing again this year in the Annual Wellesley Spelling Bee sponsored by the Wellesley Education Foundation. The event takes place at the Sprague School. Please come out and support our team! The Spellbinders were the champions of the Bee in 2012 and 2013. Will they defend their title again this year?



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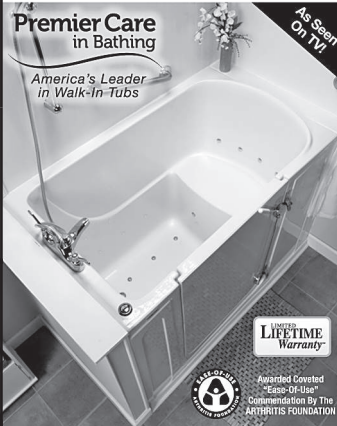
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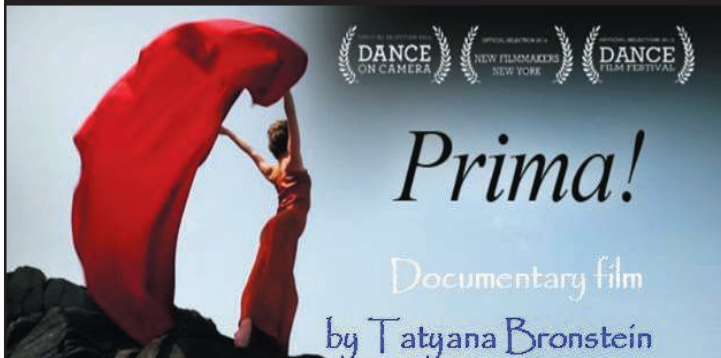
Representatives are available Monday-Friday 8:00 a.m.-8:00 p.m.

(From Oct. 1 - Feb. 14 representatives are available
7 days a week, 8:00 a.m. - 8:00 p.m.)

The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, copayments/coinsurance may change on January 1 of each year.

Tufts Health Plan is an HMO plan with a Medicare contract and a contract with the Commonwealth of Massachusetts Medicaid program. Enrollment in Tufts Health Plan depends on contract renewal. Tufts Health Plan Senior Care Options is a voluntary MassHealth (Medicaid) benefit in association with EOHHS and CMS. You must continue to pay your Medicare Part B premium.

H2256_S_2014_35 Accepted



Prima!
Documentary film
by Tatyana Bronstein
featuring Larissa Ponomarenko of the Boston Ballet

MassBay Community College
Thursday, November 13 Showings: 4:00 PM & 8:00 PM

The Wellesley Council on Aging is excited to announce a new partnership with Mass Bay Community College. All are invited to attend their upcoming event, *Prima*, a riveting documentary featuring ballerina Larissa Ponomarenko of the Boston Ballet. There is no registration, but cash donations will be accepted at the door. In the months ahead, the COA and Mass Bay Community College plan to collaborate in a variety of ways.

Friends Appreciation for the support at “REINVEST IN YOU”

The Friends of the Council on Aging gratefully acknowledge the support received for the “Reinvest in You” Conference and Expo October 25th at Wellesley High School. The program featured Keynote Speaker, Angelina Gennis from MIT’s AgeLAB; a Health and Wellness Panel with Pat Rice, Tiana Celesia, Annemarie Seidenberg and Jennie Theriaque; a Financial Workshop by Daniel Williams of the Dover Group; and three special workshops presented by AARP. Musical entertainment was provided by The Wellesley Widows from Wellesley College, The Wellesley Choral Society and from Dana Hall. In addition, special thanks go to all the volunteers and employees from the Wellesley Council on Aging who generously gave their time and effort to support the program. These sponsors helped provide free admission for all attendees: Gold Sponsor AARP and Silver Sponsors Cabot Cheese, Hammond Residential Real Estate, North Hill, Wellesley Bank Charitable Foundation, Wellesley Hills Junior Womens’s Club and Wellesley Volkswagen. And over 40 exhibitors provided both funding and helpful information to all attendees. Thanks to all that contributed to this wonderful signature event!

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